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# FARMERS NOTICE

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## Dairy Products, as a Source of Nourishment, and also as Energy Producers, Now De- mand More Attention Than Ever Before!



## DO YOU KNOW

That milk is our most perfect food ?

That butter is our most valuable source of energy ?

That cheese is an economical substitute for meat ?

That ice cream is a food, not a luxury ?

PATRIOTISM DEMANDS THAT THE HOUSEWIVES OF THE NATION SEEK INFORMATION REGARDING THE USE OF FOOD THAT CAN BE SUBSTITUTED FOR THE MORE EXPENSIVE THINGS COMMONLY SERVED.

COMPARED WITH MEAT, MILK IS A CHEAP FOOD AT 15 CENTS A QUART.

MILK IS ABSOLUTELY NECESSARY IN THE FEEDING OF CHILDREN. PROVIDE EACH CHILD WITH A QUART OF MILK A DAY.

## IT IS IMPORTANT

THAT YOU SHOULD USE MORE MILK; THAT YOU SHOULD EAT AND COOK WITH MORE BUTTER; THAT YOU SHOULD KNOW THAT ICE CREAM IS NOT ONLY AN EXCELLENT DESSERT, BUT A REAL FOOD, AND THAT CHEESE IS THE STAFF OF LIFE IN MANY NATIONS.

For Information Address

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